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IT IS  
EASY  
TO  
GROW  
HERBS

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A Handbook of valuable information on growing, drying and cooking with herbs

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Illustrated by Elsie Weig

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Price 25¢



SO MANY excellent books on herbs, their legend and lore, have been written recently that further words on the subject may seem unnecessary. However, frequent references to quaint quotations from early books on husbandry sometimes give the impression that herbs are too esoteric and mystical for part-time gardeners and homemakers.

We have found these versatile plants so delightful and helpful in our garden and cookery that we wish to share some of our experiences and experiments in growing more than one hundred and fifty varieties of herbs.

When one first becomes the proud possessor of a few packets of Anise, Basil or Savory, one is not much interested in recipes for pomanders and potpourris from "The Toilet of Flora". The conditions they require for successful germination and how to dry and use the leaves or seeds seem more important. Sometimes the plain facts seem to be hopelessly obscured by amusing but impractical discourses on infusions for curing every ill including "wicked winds in the stomach".

With your herb garden well established you will enjoy reading about the Doctrine of Signatures, an old notion that plants showed their healing virtues by the color or shape of the leaves or flowers. Thus the Dandelion's bright gold signified its efficacy for curing jaundice. Having grown thrifty Sage plants from seed it is even more fun to brew a cup of amber Sage tea to ward off a cold according to an ancient herbal recipe.

Perhaps this brief account of some of the herbs we have grown and loved may inspire you to discover for yourself the new fields of adventure they have opened for us.

You may gain a new enthusiasm for cooking with herbs at hand to enhance favorite dishes or transform less palatable ones. Botany and history come alive through the fascinating lore surrounding these age-old plants. In the gardens of the early colonies sweet herbs (for flavoring), pot herbs (vegetables) and simples (medicinal herbs) mingled happily to provide savor, sustenance, and physic.

Today their redolent foliage and pungent flavors can add to the charm and usefulness of every vegetable or flower garden. When the brown earth peaks through and the perennial urge to dig in the warm, moist soil creeps over you, we hope you will remember that it is easy to grow herbs.



*The Wick House, built about 1750 by Henry Wick in Jockey Hollow which is now part of Morristown National Historical Park, administered by the National Park Service.*

The restoration of the historic Wick House, with its colonial garden close by, is an authentic picture of the beautiful simplicity of design inherent in American rural homes and gardens of the Revolutionary War Period. According to legend, Captain Wick's daughter, Tempe, hid her favorite riding horse in the house from the Pennsylvania mutineers who were encamped nearby in the winter of 1781. General St. Clair made the house his quarters in the terrible winter of 1779-80, when the Continental Army was encamped in Jockey Hollow.

The garden, well-paled-in with a post and rail fence, is a delightful and fragrant spot in which to linger on a summer day. It is planted with herbs and vegetables just as it must have been over one hundred and fifty years ago.

A wide border bed, just inside the fence, is redolent with Sweetbriar roses, gooseberries, Lemon Balm, Lovage, Tansy and Wormwood. Sweet old herbs that provided preserves, medicines and teas for the household. In the square center beds, rows of vegetables alternate with rows of yarbs (herbs for seasoning) for beauty and savor in the pot. Weathered boards edge the raised beds and outline the generous paths.

## GROWING HERBS FROM SEED

**T**WO factors must be considered in choosing a site for planting herbs, sun and drainage. Full sun and perfect drainage are essential for most varieties. Mints, Lemon Balm, Sweet Cicely and Chervil stand the heat of summer best in part shade but they can be grown in the sun.

Natives of hot, dry lands, herbs contain more flavor-bearing oils if the soil is not rich. Excessive fertility develops lush foliage with a low essential oil content. In fact, organic fertilizer should never be applied to the Mint bed for it harbors a fungus which causes a destructive rust on Mint leaves. But as a class herbs are remarkably free from disease and insect attack.

Seeds may be sown in the open in well spaded, smoothly raked, friable ground. The fine grains should be covered with a depth of screened soil from twice to four times the diameter of the seed. Very light seed such as Chervil is sprinkled on top of the ground and firmed in with a smooth board. When the garden is moist in the spring no watering is necessary for germination. Herbs never require watering except after transplanting. Shallow cultivation after every rain will conserve the moisture in the soil.

Annuals or biennials of the Parsley family should be seeded where plants are to remain. The deep tap roots of Anise, Caraway and Coriander are apt to be broken in transplanting. Herbs of the Mint family such as Sweet Basil, Sage, Sweet Marjoram and Thyme will germinate better and mature earlier if they are started in flats in a greenhouse or hot bed and set out when the ground is warm. Tender Rosemary, Lemon Verbena and Pineapple Sage and the true French Tarragon, which almost never sets seed, are propagated by cuttings or root divisions. All seedlings should be thinned to stand six to ten inches apart. Bushy second year perennials may need eighteen inches or two feet between them.

Herbs planted in rows or borders in the vegetable garden seem to improve the flavor of the vegetables and their antiseptic odors help to discourage insect pests. A small sunny corner bed near the kitchen door is an ideal situation for culinary herbs. It will be most convenient to be able to reach out and pluck a few seasoning herbs while dinner is cooking. However, if you have more space to devote to herb gardening, a sunny rectangle laid out with flagstone, brick or grass paths and beds bordered with Hyssop, Germander, or Santolina will be a fragrant

spot on a hot summer day. The silvery and green foliage of the herbs seems to frost the heat. A low stone wall or hedge about the garden seems to hold the sweet scents within bounds. As one passes through the gate one is greeted by a pot-pourri of rich aromas.

An herb garden holds its charm all through the season. There are no between flowering doldrums as the foliage is more colorful and interesting than the blossoms. Long after killing frost emerald green Parsley, bronze Summer Savory adrift with tiny white blossoms, lavender and grey Nepeta mussini and bright blue Hyssop offer delights for the palate and the eye.

When you have discovered how really easy it is to grow a good collection of herbs, and have explored their culinary pleasures, you will wonder why you have not grown them before. Herbs combine all the joys of the flower garden and the practical value of the vegetable patch.

The following list of the principal herbs and some more unusual ones gives specific direction for the successful cultivation of each. The sketches that accompany the text show the true leaves and the cotyledons or seedling leaves that first break through the soil.

AMBROSIA—Jerusalem Oak, Feather Geranium, *Chenopodium botrys*.

Family: *Chenopodiaceae*.

USES: Fragrant foliage and blossoms used in flower arrangements.

DESCRIPTION: Bronzy young leaves, shaped like oak leaves, are soon hidden by two foot feathery sprays of minute wind-fertilized blossoms without petals. Yellowish-green flowers, leaves and stems are covered with glandular hairs which secrete a richly

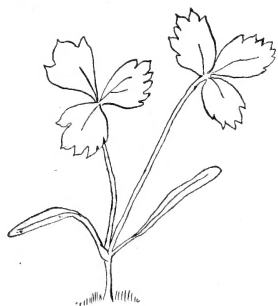


scented oil.

CULTIVATION: A native annual of Europe and Asia, Ambrosia thrives in ordinary, dry soil in a sunny spot. Sprinkle the fine seed on top of the ground in the spring. It is not an unwelcome foundling when it self-sows, for the arching plumes fill in bare spots with an airy grace. The blossoms offer a green, aromatic, long-lasting background for flower arrangements.



X ANGELICA—*Angelica archangelica*. Family: *Umbelliferae*.



USES: Roots, leaves and seeds used since ancient times as a remedy for colds, aid to digestion, relief for shortness of breath, eye troubles, dog bites, wounds and gout. The hollow stalks are candied for decorating cakes, they may be added to stewed rhubarb jam for a novel tang. The essential oil is an ingredient in Vermouth and Chartreuse.

DESCRIPTION: Handsome much-cut leaves sometimes measure three feet wide with toothed edges tipped with gold. Smooth tubular stems have an intriguing spicy flavor

especially palatable when candied.

CULTIVATION: If possible sow seed as soon as ripe in August or September. However, they may be started in the spring and transplanted to a permanent place two feet apart while still small. Angelica reaches a height of six feet in shady, rich, slightly acid loam. Plants die after producing large umbels of yellowish white blossoms. If the flowering stems are cut back to the ground before the buds appear the plants will be perennial. Spray regularly if aphids attack the umbels of ripening seeds.

ANISE—*Pimpinella anisum*. Family: *Umbelliferae*.



USES: Seeds used for flavoring cakes, cookies and apple-sauce. Liqueur Anisette is made from the essential oil. The Romans ate spiced cakes made with Anise at the end of a sumptuous meal to promote digestion. Leaves are a delicate addition to green salad. Ground Aniseed is often used to scent the sugar syrup used in bee-lining.

DESCRIPTION: Bright green, round, toothed basal leaves are surmounted by linear leaflets on eighteen inch flowering stems. Anise is an annual with umbels of lacey blossoms of pure white.

CULTIVATION: Plant seed in the open, when the ground is thoroughly warm in May, where plants are to remain. Transplanting retards growth which may mean losing the seeds to frost as they take about two months to ripen. The blossoms at the end of June are followed by grey, licorice-flavored seeds. Seedlings should be thinned to stand about six inches apart. Hilling or tying up the slender stems will keep the heavy seed heads from being pinned down by mud after each rain.

**SWEET BASIL**—*Ocimum Basilicum*. Family: *Labiatae*.



**USES:** Culinary herb of rich clove-like flavor that enhances tomatoes, salads and stews.

**DESCRIPTION:** Basil is one of the most delightful herbs in all its diverse forms from the large Lettuce-leaf Basil, with wrinkled, glabrous leaves sometimes three inches broad, to the diminutive Bush Basil with leaves not more than one half inch in size. Sweet Basil is so popular with the Italians that they put a leaf in every can of tomatoes and tomato paste. There is an old saying that any youth who accepts a sprig of Basil from a maid will love her forever. The bright, green, oval leaves are dotted with tiny oil glands which release a spicy aroma when the plant is disturbed. The stiff candlabra-like flowering stems reach three feet and are studded with whorls of white blossoms in August and September. The conspicuous hairy calices are shaped like a medieval head-dress.

**BUSH BASIL**—*Ocimum minimum*, is a choice variety with miniature, light-green leaves and a good flavor. It forms a dainty little bush with dense clusters of small oval leaves that give the plant a well trimmed look. A fine edging plant as it rarely grows more than a foot in height and has a neat compact habit.

**PURPLE BUSH BASIL**—*Ocimum minimum purpureum*, is a dwarf type of the Purple Basil not more than twelve inches tall. The leaves are as small as the Bush Basil but the shape is not as appealing. Blossoms are pinkish, leaves and calices deep purple, scent not strong.

**HOLY BASIL**—*Ocimum sanctum*, has dull serrated leaves and the whole plant is covered with glandular hairs. It reaches two feet in height and possesses a characteristic pungent odor which becomes very sweet when the plant is dry. The bees seem to gather only pollen from the pinkish blossoms, perhaps the scent is too carrion for their taste. In India this Basil is sacred to Vishnu and a pot of it is kept in every temple.



**PURPLE BASIL**—*Ocimum purpureum*, is a decorative form with deep-purple leaves and pinkish flowers. When in blossom, the calyx and stem retain the rich hue but the leaf often becomes streaked with green.

**LEMON BASIL**—*Ocimum sp.*, is a new arrival from Thailand where the seeds are used like Flax seeds for their mucilaginous quality when moist. The delightful lemon scent and flavor are fast making this variety the most popular of the Basils. The foliage seems to be more delicate than Sweet Basil, lighter green in color, leaves dull and narrower, slightly irregular. The white blossoms and opposite leaves are more widely spaced which gives a loose, graceful aspect. Fine shining hairs cover the



under sides of the leaves and become a quarter of an inch long on the calyx. Flowers earlier than all the other Basils and several cuttings of leaf tips may be gathered in a season.

The very striking difference that distinguishes this Basil is its distinctly lemon fragrance and taste. A perfect seasoning for tomato juice as it supplies the Basil and the lemon juice flavor in one perfect blending which has a rich overtone all its own. Lemon Basil lends a new piquancy to French Dressing, peas, carrots, fish, meats and herb tea. It dries well and does not become bitter with cooking.

**CULTIVATION:** All varieties of Basil are annuals. Seed should not be planted in the open until the ground is thoroughly warm. In northern sections, where the season is short, plants may be started in a greenhouse or hot bed and set out with ten inches between seedlings. Seeds germinate in from two days inside to two weeks in the ground. Cut leaves for drying in July before plants start to bloom. A second cutting may be gathered in about a month if the weather is not too dry. Tender and succulent Basils need more moisture than most herbs and are the first to suffer from frost.

**LEMON BALM**—*Melissa officinalis*. Family: *Labiatae*.

**USES:** Leaves used in teas, fruit drinks, sachets.

**DESCRIPTION:** Hardy perennial with rounded, heavily veined, light-green leaves. Small mint-like white flowers in axillary whorls are more conspicuous when they are only bright yellow buds. Lush, spreading two-foot tall foliage mingles with, but does not crowd its neighbors. Whole plant is redolent with a lemony scent.

**CULTIVATION:** Slow-germinating seed may be sown in the spring or fall in well-prepared soil in flats or in the garden. Keep thoroughly moist until seedlings appear. Once plants are established they may be propagated by root divisions. Weedy looking seed heads should be trimmed back to encourage new leaf growth.

**BERMAGOT**—Bee Balm, Oswego tea, *Monarda didyma*. Family: *Labiatae*.

**USES:** Leaves used in tea.

**DESCRIPTION:** Tall, hardy perennial with showy tubular blossoms which match the ruby throat of the hummingbird, its constant visitor. The lovely Wild Bergamot, *Monarda fistulosa*, has similar blossoms of a more artistic, clear-lavender shade. The foliage is delightfully aromatic with light-green tips accenting the dark, oval leaves.

**CULTIVATION:** Adaptable to sun or shade, Bergamot plants may be started from seed or root divisions in the early spring. Roots and runners should be covered with a compost mulch during the winter.

**BORAGE**—Gurkenkraut, *Borago officinalis*. Family: *Boraginaceae*.



**USES:** Young leaves used in salads, and beverages. Flowers as a confection and garnish. Good bee forage.

**DESCRIPTION:** Rather coarse fat leaves are a surprising contrast to the exquisite heavenly-blue star flowers which nod above them. The dense silvery pubescence makes clumps of pink and blue-flowering Borage appear from the distance to be surrounded by a lavender haze. The leaves used to be put in wine cups as a symbol of mirth and courage, as well as for their cool piquancy.

**CULTIVATION:** So easy to grow from seed that, although it is an annual, Borage need be planted only once. Sturdy volunteers will provide blossoms until November and a new bed in the spring.

**BURNET**—Salad Burnet, *Sanguisorba minor*. Family: *Rosaceae*.

**USES:** Cucumber-flavored leaves delightful in salads.

**DESCRIPTION:** Charming rosettes of toothed leaves, varying in hue from blue-green to lime, stay verdant all through the winter. The curious thimble-shaped blossoms are tipped with rosy, tufted stigmas and bearded with drooping, yellow or white filaments. A dainty, attractive plant for borders or any well-drained, sunny spot.

**CULTIVATION:** Sow seed early in the spring or fall. Transplant only when young. Self-sown seedlings may be set out, at least a foot apart, to take the place of old plants which may die off.

**CARAWAY**—*Carum carvi*. Family: *Umbelliferae*.

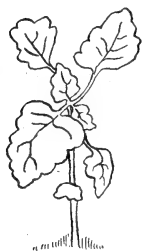


**USES:** Seeds used on rye bread, cookies and to flavor liqueurs.

**DESCRIPTION:** The first year Caraway makes only a low feathery green mound, similar to carrot tops. In May of the second year, two or three-foot tall flowering spikes shoot up, topped with shining white umbels of miniature flowers. After the seeds ripen the plant dies.

**CULTIVATION:** Seed may be sown from early spring to mid-August. Spring sowings, however, produce the thriftiest plants. Keep cultivated, weeded and thin plants to stand about eighteen inches apart. It is possible but not advisable to transplant small seedlings. The best plants are those seeded where they are to remain.

**CATNIP**—*Nepeta cataria*. Family: *Labiatae*.



**USES:** The dried leaves are used in a healthful tea. Aromatic scent of the whole plant is fascinating to cats.

**DESCRIPTION:** Perennial three foot tall herb with downy heart-shaped leaves. Flowers in densely whorled spikes of pinkish lavender.

**CULTIVATION:** Easily grown from seed sown in the spring. Withstands a dry sunny location better than most mints. Cut back seed heads for second flowering. Self-sows readily and requires no attention to thrive for many years.

**CHAMOMILE**—Roman Chamomile, *Anthemis nobilis*. Family: *Compositae*.

**USES:** Dried blossoms make a soothing amber tea. An infusion of Chamomile is a brightening rinse for blond and light brown hair. According to an old belief, Chamomile plants increased the health of the garden. If a plant was drooping and sickly, placing a Chamomile plant near it was sure to revive it.

**DESCRIPTION:** Bright green, finely-cut tufts of leaves. White-rayed yellow, daisy-like blossoms are born on erect, leafless foot-high stems.

Blooms profusely from early in July until September. Entire plant has a fresh antiseptic odor. Fall germinating volunteers make an emerald patch in the herb garden all through the winter. They may be weeded out or transplanted in the spring.

CULTIVATION: A fine ground cover for a dry, sunny spot which may be seeded in the spring and kept cut as turf. German Chamomile, *Matricaria chamomilla*, is similar in appearance but self-sows so widely that it soon becomes a weed. It has an unpleasant, bitter flavor.

CHERVIL—*Anthriscus cerefolium*. Family: *Umbelliferae*.



USES: Leaves make a dainty aromatic garnish far more delicate than parsley. An ingredient in Fines Herbes, indispensable to salads.

DESCRIPTION: Finely-cut leaves topped with lacy umbels of minute white blossoms. Runs quickly to seed in warm weather so buds should be cut back to encourage leaf growth. Reaches one foot in height in partial shade.

CULTIVATION: Seed may be sown in early spring or fall. Leaves become sun-burned in midsummer unless the bed is moist and shaded. Though Chervil is an annual, the largest, sturdiest specimens are obtained by planting seed in the fall and covering the small plants lightly over the winter. Before the last spring frost the lush emerald leaves are ready for cutting. The light seed germinates best if covered lightly or not at all and should be sown where plants are to remain. When established in a favorable place, Chervil will usually seed itself for many years.

CHIVES—*Allium schoenoprasum*. Family: *Liliaceae*.

USES: Mild onion-flavored leaves used in omelets, cheese spread, mashed potatoes and salads.

DESCRIPTION: Hardy perennial clusters of small bulbs with slender, tubular leaves and showy pompons of lavender flowers. Blossom stems reach one foot in height and too often are sacrificed for the leaves. To enjoy both, merely cut back the seed heads after flowering in June to stimulate new growth of leaves for seasoning.

CULTIVATION: Seed in rich garden soil in spring or late summer. Seedlings need not be thinned as the dense clumps are divided every second or third year.

**CICELY**—Sweet Cicely, *Myrris odorata*. Family: *Umbelliferae*.

**USES:** Leaves used as a garnish and seasoning. Roots are boiled as a vegetable or eaten in salads.

**DESCRIPTION:** Soft, ferny leaves, round, ribbed stems reaching eighteen inches in height and lovely white umbels possess an exotic perfume and aromatic spicy flavor.

**CULTIVATION:** Seeds sown in moist humus sometimes take nine months to germinate. If planted when ripe in July, seedlings will appear in early spring. Sow where plants are to remain for several years as they do not transplant well. Loves acid, moist soil in partial shade. Blooms in the early part of May.

**CORIANDER**—*Coriandrum sativum*. Family: *Umbelliferae*.



**USES:** Seeds used for spicing cookies, hot breads, coffee, confections, liqueurs and curry powder.

**DESCRIPTION:** A slight, little annual with rounded basal leaves similar to Anise which become linear at the top of the eighteen inch stems. Flat umbels of extremely pretty pale-mauve blossoms. The acrid smell of the foliage does not suggest the pleasing fragrance of the ripe fruits. The seeds are crushed before using in cooking and improve in flavor the longer

they are kept.

**CULTIVATION:** Easily grown annual to be sown where plants are to remain. Matures early and fat brown seeds may be harvested in the middle of July. One of the earliest flowers in the herb garden.

**COSTMARY**—Alecost, Bible Leaf, Mint Geranium, Sweet Mary Ann, *Chrysanthemum balsamita*. Family: *Compositae*.

**USES:** Old-fashioned flavoring for ale. Leaves are spread among linens or pressed to make sweet-scented book marks.

**DESCRIPTION:** The verdant clumps of broad leaves with finely-toothed margins are handsome, hardy perennial additions to the garden. Spreading three foot tall flowering stems bear clusters of yellow buttons in late summer. The distinctive scent is reminiscent of balsam and mint.

**CULTIVATION:** Plants are usually propagated by divisions of creeping roots in fall or spring. The variety *Chrysanthemum majus* with white rays about the yellow floral disks is called Camphor plant because of the camphor smell of the leaves.

DILL—*Anethum graveolens*. Family: *Umbelliferae*.



USES: Leaves make a piquant seasoning for fish, potatoes, salads and sauces. Seeds flavor cakes, rye bread, pastries, and pickles.

DESCRIPTION: Dill is a three foot tall annual with feathery much-segmented leaves and yellow, umbelliferous flowers. Flat light-brown seeds start to ripen soon after blossoms open.

CULTIVATION: Sow in shallow drills, thin to stand ten inches apart. Dill is of such easy culture and rapid growth that several sowings will be desired to provide leaves all summer.

ELECAMPAGNE—Horseheal, Wild Sunflower, *Inula helenium*. Family: *Compositae*.

USES: Helen of Troy was supposed to have carried a leaf of this herb with her when she fled with Paris. Root is used in medicine and liqueurs.

DESCRIPTION: A hardy perennial with huge, handsome basal leaves which grow in precise, outward single folds. This neat characteristic keeps this herb from usurping the garden as it has many four foot tall flowering stalks. The clear yellow terminal heads have halos of slender wide-set yellow petals about the dense center florets.

CULTIVATION: Plants may be started from seed in early spring in flats or seed bed. Set out seedlings with at least eighteen inches between them. Seems to thrive in dry or moist soil in sun or part shade.

FENNEL—Sweet Fennel, *Foeniculum vulgare*. Family: *Umbelliferae*.



USES: Seeds make a pungent tea, season bread and puddings. The Russians use the leaves as a garnish for salads, boiled potatoes and fish.

DESCRIPTION: A perennial which must be treated as an annual in this climate. Reaching five to six feet in height, Fennel is coarser than Dill which it resembles and blooms much later. The whole plant has a strong, licorice flavor. Fenchio or Florence Fennel has shorter stems, swollen at the base, which are hilled up and eaten like celery.



**CULTIVATION:** Sow seed in early spring in full sun. Thin or transplant to twelve inches apart. Keep well in the background near a fence or wall to give support to the branching stalks made top-heavy by the golden umbels. Seeds do not ripen until October.

**HOREHOUND**—*Marrubium vulgare*. Family: *Labiatae*.



**USES:** Preparations for treating coughs and asthma are made from the leaves. Horehound candy is made by boiling down the fresh plant with sugar.

**DESCRIPTION:** Rounded, wrinkled hoary leaves of hot and dry taste and smell. White mint-like blossoms in dense axillary whorls are born on foot-long, branching stems.

**CULTIVATION:** A hardy perennial easily grown from seed in the poorest, driest soil. Sow in the spring in flats or rows and transplant to stand about twelve inches asunder. The grey, downy foliage cuts well for long-lasting bouquets.

**HORSEMINT**—Spotted Monarda, American Horsemint, *Monarda punctata*. Family: *Labiatae*.

**USES:** Volatile oil used medicinally. Flowers and foliage are delightful for cutting.

**DESCRIPTION:** The synonym Spotted Monarda is much more worthy of the striking beauty of this herb than the name Horsemint. It is a perennial with dark, ovate leaves on erect stems reaching three feet in height. The showy blossoms are arranged in whorls surrounded by large purplish bracts. The tubular corollas are yellow, spotted with rose and purple, like tiny orchids.

**CULTIVATION:** Start seeds in flats or seed bed and transplant to stand one foot apart. Slow-growing first year plants hug the ground. Protect during the winter by heaping earth over the roots.

**HYSSOP**—*Hyssopus officinalis*. Family: *Labiatae*.

**USES:** An old medicinal herb that is sometimes used for seasoning but the pungency is too strong and bitter for most tastes.

**DESCRIPTION:** Two-foot tall, hardy, bushy perennial with a profusion of deep-blue flowering spikes. A fine bee forage for it blossoms from early in July until November. There is no more satisfactory edging plant than Hyssop whether it is allowed to bloom or kept clipped like box. Pink and white flowering varieties are rare and delightful companions to the blue.

CULTIVATION: Sow seed in garden or seed bed. Thin or transplant to twelve inches apart. In the shade Hyssop becomes lax and decumbent. Prune old wood back to the roots in the spring.

LAMBS EARS—Woundwort, Woolly Betony, *Stachys lanata*. Family: *Labiatae*.

USES: Old medicinal herb greatly cherished as a charm against evil spirits.

DESCRIPTION: The purple blossoms are born on foot high, felty, square stems. A fine border plant for the grey, wooly leaves form a dense mat.

CULTIVATION: Seed in flats or seed bed and set out ten inches apart in the garden. Mature plants may be propagated by layerings and root divisions.

LAVENDER—English Lavender, *Lavandula vera*. Family: *Labiatae*.

USES: Essential oil and dried flowers used in sachets and perfume.

DESCRIPTION: A grey, shrubby perennial about eighteen inches tall. The blunt, leafless flower spikes range from deep purple when in bud to pale lavender when fully opened. The shade varies with different plants and soil conditions. Plants should be covered with straw and leaves in winter as they are often tender in northern sections. Spike Lavender has broader leaves, branching flower stalks and is generally not as hardy as English Lavender.

CULTIVATION: Slow-growing Lavender may be started from seed in flats in a greenhouse or hot bed in the spring. Transplant seedlings to a dry, sunny, sheltered spot. The addition of limestone to the soil improves the vigor and fragrance of the plants. Flowers should be cut for drying just before the buds open.

LOVAGE—*Levisticum officinalis*. Family: *Umbelliferae*.

USES: Leaves used in soups, salads and meats.

DESCRIPTION: Bright, glabrous green leaves born on erect, hollow, perennial stems which reach five feet in height. Yellow flower umbels followed by brown seeds which are attractive to birds. The leaves and stalks have a rich pungency, reminiscent of celery and curry, which is very delightful for seasoning.

**CULTIVATION:** Sow seed in spring or fall in a sunny, moist bed. Thin to stand at least twelve inches apart. Plants are very hardy and thrive for many years with little attention except cutting back to the roots in the fall.

**MARJORAM, SWEET**—Knotted Marjoram, *Majorana hortensis*. Family: *Labiatae*.



**USES:** Leaves valued for flavoring eggs, salads, meats and soups.

**DESCRIPTION:** A very choice little, grey, soft, round-leaved herb with a warm pleasing taste. Curious knobby buds and white flowers account for the name Knotted Marjoram. Plants form neat bushes not more than ten inches high.

**CULTIVATION:** A tender perennial which must be treated as an annual in the north. Plants may be taken inside for the winter where they become graceful, trailing house plants. Use sterile soil or a layer of sphagnum moss over the soil when sowing the tiny seeds which are especially subject to damping off. When seedlings develop four true leaves they may be pricked off. When the ground is warm they should be set out six inches apart. Old plants may be divided at any time or propagated by cuttings. They will live over the winter if bedded down with straw in a very deep cold frame. Oregano, much used in spaghetti, is the dried leaves of a species of wild Marjoram, *Origanum*, which is native in Mexico and Spain.

**MARJORAM, POT**—*Majorana onites*. Family: *Labiatae*.



**USES:** An ancient herb used for medicine and as a dye for woolen cloth.

**DESCRIPTION:** Spreading, hardy perennial with rounded leaves and eighteen inch tall corymbs of pink blossoms and rosy bracts. The long flowering period and graceful casual habit make this herb a good choice for a sunny rock garden or dry wall.

**CULTIVATION:** Easier to grow than Sweet Marjoram from seed sown in the open. Plants may be divided by means of spreading roots in the spring.

MINTS—*Mentha*. Family: *Labiatae*.

USES: Leaves used in sauces, tea, beverages and medicine.

DESCRIPTION: There are many more useful and ornamental varieties of Mint than the popular Spearmint, *Mentha spicata* and Peppermint, *M. piperita*. American Applemint, *M. gentilis*, has smooth leaves streaked with gold. Woolly Applemint, *M. rotundifolia*, is of a more distinct apple-flavor and has rounded, grey, woolly leaves. It is one of the tallest and most attractive varieties reaching four feet in height. Orange Mint, *M. citrata*, of a distinct citrus tang, enhances iced tea and fruit cups. Pineapple mint, *M. rotundifolia variegata*, is easily distinguished by its dwarf habit and light green leaves tipped and blotched with cream. The smallest but most pungent member of this diverse genus is Corsican Mint, *M. requienii*. Its tiny, shiny, round leaves flavor creme de menthe.

CULTIVATION: True mints hybridize so readily that they are usually propagated only by roots or stolons to keep them true to type. Interesting variants appear among species grown from seed which should be sown in a moist, shady location. Wooden or metal boundaries sunk below the surface of the ground will keep their nomadic roots from running over the garden.

MUGWORT—Beyfus, St. Johns plant. *Artemisia vulgaris*. Family: *Compositae*.

USES: Leaves used for seasoning pork, goose and duck. Travelers once placed a leaf of this herb in their shoes to ward off fatigue.

DESCRIPTION: Tall, hardy perennial with four-foot tall, purplish stems and segmented leaves, bright green above and covered with a silvery down on the under side. Small yellow flowers in terminal panicles. A white-flowering variety, *Artemisia vulgaris lactiflora*, is often used in perennial borders. This form does not spread as rapidly by rooting underground stems as the weedy *A. vulgaris*.

CULTIVATION: May be grown from seed but is usually started from a division of rhizomes. Thrives in any soil in full sun. Take plants up every spring and thin out, lest it run rampant over the whole garden.

NEPT—*Nepeta mussini*. Family: *Labiatae*.

USES: Aromatic rock garden or edging plant.

DESCRIPTION: Grey, wrinkled leaves in low perennial mats covered with lavender flowers in June. If seed heads are cut off, plants will bloom until November.

CULTIVATION: Sow seed in the garden in full sun and thin to stand six inches apart.

PARSLEY—*Petroselinum crispum*. Family: *Umbelliferae*.



USES: Garnish and seasoning. Rich source of vitamins A and C.

DESCRIPTION: Curly leaved Parsley makes a trim border for the vegetable or herb garden. Flat leaved Italian Parsley has a stronger flavor for using in cooking and drying.

CULTIVATION: Sow slow-germinating seeds in early spring. Mix the seed with that of Radishes to mark the row. When Radishes are pulled Parsley will just be coming up.

PENNYROYAL—English Pennyroyal, *Mentha pelugium*. Family: *Labiatae*.

USES: Medicinal herb also used to discourage ants and fleas.

DESCRIPTION: Prostrate square stems with opposite oval leaves about one half inch long. Erect six inch flowering stems are tiered with whorls of lavender blossoms.

CULTIVATION: Sow seed in moist soil. Plants may later be propagated by runners. When seedlings are a few inches high, they may be removed to a sunny, dry location where they will make a fine ground cover.

PERILLA—Beefsteak Plant, *Perilla frutescens crispa*. Family: *Labiatae*.

USES: Seeds yield a quick drying oil used in paint manufacture. Foliage makes handsome, long lasting bouquet material.

DESCRIPTION: Annual reaching three feet with large, wrinkled deep purple leaves with crisped margins. Racemes of light lavender blossoms in shining pubescent calices.

CULTIVATION: Germinates readily from seed sown in a dry, sunny location. Thin to stand twelve inches apart. Perilla's rich purple-bronze provides striking contrast to the silvery Artemisias.

ROSEMARY—*Rosmarinus officinalis*. Family: *Labiatae*.

USES: Leaves valued for flavoring, sachets, moth preventative and tea. Essential oils important in perfumery and cosmetics.

DESCRIPTION: Lovely bushy herb with narrow, smooth, dark green leaves and woody resinous stems. Young plants resemble miniature evergreen trees. Pale blue and sometimes white bilabiate flowers crowd the axils of the previous season's growth. The rare prostrate Rosemary, *Rosmarinus prostratus*, is a fast-growing, decumbent, arching, hoary-stemmed plant with narrower, grey leaves in dense clusters. More decorative than *Rosmarinus officinalis*, it has the same piney aromatic scent and flavor. A happy choice for the rock garden as it blooms in the garden in August as well as in February indoors.

CULTIVATION: Rosemary is a tender perennial which must be wintered inside in this climate. Plants may be kept growing in a cool, sunny window or stored in a dormant state in a cool cellar. If the roots do not freeze it may live over outside when set close to a warm south, cellar wall.

RUE—Herb-of-grace, *Ruta graveolens*. Family: *Rutaceae*.

USES: An old medicinal herb considered to be very antiseptic. Bunches of Rue were hung on the benches of the docks to protect the court from the pestilence of the goats.

DESCRIPTION: Blue-green, round lobed, segmented leaves which are almost evergreen on this hardy perennial. The corymbs of greenish-yellow blossoms provide for the continuation of the species in a curious way. The wide-spread stamens alternately bend over the pistil which rises from an enlarged green ovary in the center to dust their pollen on the stigma in case no insect is attracted by the curious acrid odor.

CULTIVATION: Rue is a classic herb which enhances any garden with its lovely, thrifty, silvery blue foliage. It is easily grown from seed sown in the garden or seed bed and transplanted to allow twelve inches between mature plants.

**SAFFRON**—False Saffron, Safflower, *Carthamus tinctorius*. Family: *Compositae*.

**USES:** Yellow petals dried for coloring and flavoring rice.

**DESCRIPTION:** Tall annual to three feet with spiny leaves and thistle-like yellow blossoms. Curious white fruits look like teeth.

**CULTIVATION:** Sow seed in full sun where plants are to remain. Thin but do not transplant to stand ten inches asunder. The dried petals of this plant are widely used as a substitute for real Saffron which is the dried stigmas and styles of the autumn-flowering bulb, *Crocus sativus*.

**SAGE**—*Salvia officinalis*. Family: *Labiatae*.



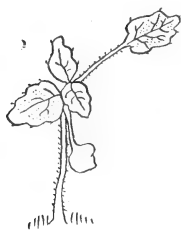
**USES:** A culinary herb which used to be highly regarded as a cure for colds, rheumatism and fevers. Its constant use was supposed to insure longevity. Babies were adorned with necklaces of twelve Sage leaves strung alternately with tags bearing the names of the twelve apostles which guarded against any discomfort while teething. Sage tea, a delicious amber brew, is preferred by the Chinese to their native product.

**DESCRIPTION:** The grey pebbled leaves of hardy perennial Sage linger on the two foot tall stems all through the winter. Early in June the masses of purplish blossoms are a happy hunting ground for bees. First year plants sometimes flower in late August.

**CULTIVATION:** Sage germinates quickly from seed planted early in the open. Thin or transplant seedlings to stand eighteen inches apart in full sun. When gathering leaves for drying do not cut plants after August and always leave one or two branches to carry them through the winter. In the spring, old woody growth should be pruned back to the ground to encourage tender new leaves for drying.

Pineapple Sage, which is now thought to belong to another genus, is a tender perennial which must brought inside before the first frost. The stunning, light green leaves and fruity pineapple scent and flavor make this tropical looking plant a delight in the garden and in beverages, herb tea, desserts and sachets. As the vivid scarlet blossoms do not appear until just before frost or after plants have been brought inside it does not set seed in this climate. Cuttings root very readily and in a moist season it may be propagated by layerings.

**SAGE, CLARY**—*Salvia sclarea*. Family: *Labiatae*.



**USES:** Leaves dipped in batter to make tasty fritters. The essential oil is a fixative in perfumes.

**DESCRIPTION:** A four foot tall, old-fashioned biennial with huge, heart-shaped, toothed, rugose leaves covered with velvety hairs. The shining spikes, of blue and white blossoms clasped in variegated bracts, rising above the leaves, give the plants the effect of maids in flounced hoop-skirts. The flowers emit an unforgettable pungent perfume.

**CULTIVATION:** Clary may be started from seed sown in the spring in the same way as *Salvia officinalis*. As plants die after flowering in the second year, new stock should be started each season for a succession of bloom.

**SAVORY, WINTER**—*Satureia montana*. Family: *Labiatae*.

**USES:** Leaves are used in the same manner as Summer Savory but do not have as fine and delicate flavor.

**DESCRIPTION:** Dwarf, hardy perennial, woody stemmed herb with short, dark-green, oblong leaves and small white blossoms.

**CULTIVATION:** Winter Savory is more difficult to grow from seed than Summer Savory. The seeds should be sown in specially prepared soil in a flat or seed bed. An easier method of propagation is by divisions of roots in the spring or cuttings from side shoots taken with a heel attached.

**SAVORY, SUMMER**—Bohenkraut, *Satureia hortensis*. Family: *Labiatae*.



**USES:** Leaves used for flavoring beans, salads, meats, chicken and vegetables.

**DESCRIPTION:** A slender, branching annual to eighteen inches in height with small oval leaves of a fresh spicy flavor. In July the foliage turns a deep bronze. The drift of tiny, pinkish blossoms make the plants look as though they had been sprinkled with powdered sugar.

**CULTIVATION:** Germinates rapidly from seed sown outside. Thin to six inches apart, hill up slim stems, when leaf tips are first cut for drying at the end of June, to keep the plants from being dragged in the mud by the first heavy rain.



**SHALLOT**—*Allium ascalonicum*. Family: *Liliaceae*.

**USES:** Cloves of bulbs are used like onions.

**DESCRIPTION:** Small bulbs consisting of several cloves similar to Garlic in appearance but far milder in flavor. Shallots are much used by the French in sauces. Leaves are light green and arise in small clumps from each reddish-brown bulb. They rarely flower but appear to be quite hardy in this climate.

**CULTIVATION:** Plant separate cloves in rich soil in the spring or in the fall like tulips. When the tops die down to the ground, the bulbs may be dug and stored in a cool place until needed.

**SMALLAGE**—Wild Celery, *Apium graveolens*. Family: *Umbelliferae*.

**USES:** Seeds and leaves used for seasoning.

**DESCRIPTION:** A variety of celery with strongly-flavored leaves and seeds which are used in soups, stews, meats and sauces. Yellowish leaves and umbels of small white flowers are born on hollow ribbed stalks which reach three feet in height.

**CULTIVATION:** To obtain seeds the first season, start plants inside. A biennial, Smallage needs rich, moist soil but not as much care as table celery.

**SESAME**—Bene, *Sesamum indicum*. Family: *Pedaliaceae*.

**USES:** Seeds used in cookies, cakes and coffeebread. Oil pressed from the seed is used as a cooking and salad oil.

**DESCRIPTION:** Attractive, tall annual with yellowish, slightly downy, oblong leaves and large tubular, pinkish-white flowers in the axils. The grooved seed capsule must have inspired the expression "Open Sesame" for they split open when ripe.

**CULTIVATION:** A native of the tropics, Sesame should not be planted until the ground is thoroughly warm. Sow seeds where plants are to remain and thin to stand ten inches apart.

Tie or stake up plants when they begin to flower. To collect the seeds cut the plants when the first capsule opens. Dry the heads in a brown paper bag until all the seeds may be shaken out of the open pods.

SKIRRET—*Sium sisarum*. Family: *Umbelliferae*.

USES: Roots used as a vegetable like Parsnips.

DESCRIPTION: Shiny, toothed, pinnately compound leaves on three foot tall stems are topped with graceful white umbels.

CULTIVATION: To use the roots of this perennial herb, sow seed in the spring or fall in shallow drills. They may be dug as needed and stored for winter in sand or left in the ground like parsnips. Keep some plants in the herb garden for their attractive blossoms and leaves. The roots may be taken up and divided in the spring.

SORREL—French Sorrel, *Rumex scutatus*. Family: *Polygonaceae*.

USES: Leaves used in soup, salad and cooked with spinach.

DESCRIPTION: Perennial herb with light-green, arrow-shaped leaves. Eighteen inches tall with panicles of reddish-brown blossoms.

CULTIVATION: Propagated by root divisions or seed sown in the spring. Leaves must be cut to keep plants from going to seed in mid-summer. In hot weather the leaves become rather bitter but improve in flavor with the return of cool nights of autumn.

SOUTHERNWOOD—Old Man's, Lad's Love, *Artemisia arbotanum*, Family: *Compositae*.

USES: Branches are hung in the closet to prevent moths. A few leaves burned on the stove will overcome cooking odors.

DESCRIPTION: A woody, shrubby herb with green, finely-cut foliage. The tips of the branches resemble shaving brushes and the whole plant sometimes reaches four feet in diameter. A favorite among the Artemisias for its neat habit and spicy lemon scent. Seldom produces panicles of small, yellowish blossoms.

CULTIVATION: A hardy perennial easily started from cuttings or layerings. Rarely produces viable seed. Thrives in a poor, dry soil in full sun.

**TANSY**—*Tanacetum vulgare*. Family: *Compositae*.

**USES:** Leaves were used in olden days to rub on meat so that flies would not attack it. A pudding, similar to custard, flavored with Tansy was eaten on Easter.

**DESCRIPTION:** Aromatic, emerald-green perennial reaching three feet in height in cultivation. Cluster of flat yellow buttons and feathery leaves make long lasting bouquets.

**CULTIVATION:** A quick-spreading, hardy herb which can be gathered in meadows and roadsides. May be started from seed or divisions of creeping roots. Clumps should be thinned out every year lest they spread all over the garden.

**TARRAGON**—French Tarragon, Little Dragon, Estragon, *Artemisia dracunculus*. Family: *Compositae*.

**USES:** Leaves highly prized for flavoring salads, chicken, fish and Tarragon vinegar.

**DESCRIPTION:** Low growing perennial with dark green, narrow, undivided leaves. Warm, rich characteristic tang distinguishes this variety from more robust but tasteless Russian Tarragon, *A dracunculus inodora*, which, however, is a very handsome plant reaching five feet in height.

**CULTIVATION:** Unlike Russian Tarragon, the French variety almost never sets seed so plants must be started from root divisions or cuttings. Give them a warm, dry location, cut back to the ground in the fall and cover with straw or leaves for the winter. Tarragon roots rot very quickly if the soil is not well drained. They may be divided in the spring but plants should not be disturbed oftener than every three years. Cut leaves for making vinegar in June. After midsummer the stems become woody and the leaves begin to brown. The volatile oils that provide the inimitable flavor are lost in drying but retained to a great extent when leaves are preserved in vinegar.

THYME—English Thyme, *Thymus vulgaris*. Family: *Labiatae*.

USES: Leaves used for flavoring and tea.

DESCRIPTION: Dwarf, shrubby perennial with woody stems and small aromatic leaves. The French thyme has more erect, grey, narrower leaves and seems to be more tender. Both varieties are valuable in the herb garden or rock garden for their almost evergreen foliage and dainty pink blossoms.

CULTIVATION: Sow fine seed in flats or seed bed. Do not let soil dry out or become soggy from over-watering before seeds germinate. When seedlings have four true leaves they are past the crucial stage, and may be transplanted. Both the culinary and the creeping Thymes prefer sandy, well-drained soil in the proximity of flat stones or bricks which hold the warmth. If the roots are mulched with dirt in the fall many side shoots will layer and may be set out as new plants in the spring.

WOODRUFF, SWEET — Waldmeister, *Asperula odorata*. Family: *Rubiaceae*.

USES: Hay-scented, dried leaves are used in sachets. Green leaves are traditional in the May bowl to spice the Champagne and Rhine wine. The essential oils are used as a fixative in perfumes.

DESCRIPTION: Trailing, glabrous, perennial with pointed whorls of stiff leaves. In May they are covered with a multitude of lovely white four-pointed flowers which light up the shady, acid places they love.

CULTIVATION: A choice ground cover that may be propagated by runners after flowering in early summer. If the ripe seeds are obtainable, they should be planted at once in moist leaf mould.

WORMWOOD—Common Wormwood, Absinthe, *Artemisia absinthium*. Family: *Compositae*.



USES: Dried leaves used as a moth repellent. The volatile oil is used to make the liqueur Absinthe and also in patent medicines.

DESCRIPTION: Downy, silvery, much-cut leaves are topped by loose panicles of yellow flower heads on three foot stems in late summer. Extremely bitter taste and musty smell are typical of the genus which includes the soft, silvery, Fringed Wormwood, *A. frigida*, the feathery, spreading Roman Wormwood, *A. pontica*, the low white-leaved Beach Wormwood, *A. stelleriana*, and the decorative Silver King, *A. albula*.

Their silvery foliage is an arresting contrast to the greens and purples in the herb garden.

CULTIVATION: Seed of Common Wormwood may be sown in the open in spring or fall. Thin seedlings to stand at least twelve inches apart. Prefers a clay soil in partial shade but thrives under almost any conditions.

\* \* \* \* \*

The above list of herbs for use and delight is necessarily brief and incomplete. There are many other cultivated and wild plants which may be included in the herb garden for their beauty and usefulness today or in the past. Ajuga, Lamium, Grey and Green Santolina are valuable for ground cover and edgings. Lemon Verbena, Dittany of Crete, Roses, Heliotrope, scented Pelargoniums, Clove Pinks and Sweet Flag belong in the fragrant garden. In a bed of Simples there should be room for Aconite, Boneset, Calendula, Foxglove, Hollyhock, Joepyeweed, Primrose, Rapid Celandine, Sweet Maudlin and Yarrow. Among the pot herbs should be found Chicory, Comfrey, Good King Henry, Horseradish, Leeks, Rampion and Samphire.

## HARVESTING THE HERBS

**H**ERBS, whose leaves are used for seasoning, may be dried for winter use in the following manner. The plants should be cut at the first sign of flower buds as the flavor of the leaves is most potent just before the blossoms open. The perennial varieties should not be clipped after the end of September, lest the roots perish in the winter without sufficient leaf growth to protect them.

Begin the harvest on a clear morning, as soon as the dew has dried, but before the hot sun begins to dissipate the flavor-bearing volatile oils. Cut the herbs with enough stem to tie in bunches. If they are to be dried on wire screens, merely clip the leafy tops, thus encouraging the plants to become bushy and produce a second cutting. Discard all withered or insect-eaten leaves. Wash thoroughly but carefully to avoid damaging the leaves. Basil becomes blackened if the leaves are bruised when they are green.

Spread the herbs thinly on a clean cover or wire screen in the sun for half an hour to dry off the excess water. Turn frequently; when the leaves are surface-dry, tie the woody stemmed herbs such as Sweet Marjoram, Sage, Savory and Thyme in loose bunches. Succulent Basil dries more quickly if the leaves are removed from the stems.

Hang the bunches in a dry, airy room or attic. If the drying room cannot be darkened, place paper bags, with the bottoms cut out, over the bunches. Light robs the dried herbs of color. Stemmed-leaves and flowers should be spread on wire or muslin trays which can be placed in a good current of air, well off the floor. As heat rises, they need to be near the ceiling and yet low enough for good circulation and daily turning of the leaves in the trays. When the humidity is low and the ventilation is good, herbs will dry in three or four days. In damp weather it may take two weeks for the leaves to become quite shrivelled. A little artificial heat, such as cool oven or home dehydrator where the temperature can be kept below 100 degrees F. will be needed to complete the drying. A greater heat will drive off the essential oils which evaporate quickly. A constant temperature of about 70 degrees F. should be maintained while the herbs are first drying.

When the leaves are bone dry, they may be stripped from the stems easily. To remove the large stems, rub through a coarse screen or sieve. Herbs may be ground in a mortar and resifted to remove all small stems or the whole leaves may be packed in dry, air-tight containers. Never store them in uncoated paper bags or cardboard boxes as the savory oils are absorbed by the paper.

Even in sealed glass or metal containers, herbs lose much of their flavor in a year. New supplies should be dried or purchased every fall to insure fresh flavorings for winter fare.

The drying process for seed herbs is quite different. They are not cut until the seeds are thoroughly ripe. Plants should be watched daily when the seeds become mature so that they may be gathered when they are dry and before they drop. A good test is to tap the stems to see if the seeds will fall.

When the seeds can be pulled off the heads easily and the weather is dry, they should be harvested at once. Cut the heads and spread on a clean sheet or light canvas. Threshing should be done on the grass so that the seeds will not be crushed from the blows of the flail. Usually the heads are dried in the sun for several days, taking them in at night, however, the umbelliferous herbs may often be threshed without preliminary drying. Light flat sticks or old-fashioned carpet beaters make good flails.

Small quantities of seed may be pulled off the umbels or rubbed out of the heads by hand. They are then passed through a screen to remove the stems. Some low-growing varieties such as Anise may need to be washed to remove mud-splatterings after screening.

Before they are bottled, seeds must be thoroughly dried for a week or two in the sun or a dry, airy place. They may be spread out on sheets or clean muslin which will permit the air to circulate through. When they are quite dry, seeds are stored in air-tight containers in the same way as leaf herbs.

The volatile oils of Salad Burnet, Chervil and Tarragon evaporate so quickly when they are dried that the best way to preserve them is to steep them in vinegar. The leaves are gathered and washed as for drying. The excess moisture is drained off, then the herbs are loosely packed in wide mouth jars which can be made air-tight. A good grade of white or wine vinegar is poured over them; jars are sealed and stored in a dark closet. In a few months the vinegar may be strained off to use as a condiment and in salad dressings. However, if the herbs are left in the vinegar, the French way, they may be chopped fine for seasoning dishes where the tang of vinegar would be unwelcome. Basil, Dill, Fennel and Mint also make delicious vinegar.

Small quantities of herbs may be dried in the refrigerator. Place the leaves on an uncovered plate under the freezing unit. In a few days the complete limpness of the leaves indicates that they are ready to be finished off in a cool oven. This novel method of dehydrating keeps the true green color and characteristic flavor intact. All the

other foods in the refrigerator should be tightly covered lest they be permeated with the aroma of herbs. To have really fresh herbs in winter quick-freeze small bunches wrapped in waxed paper in a below-zero freezing unit and store with the frozen vegetables in the cold chamber until ready to use.

Essential oils of herbs, used in industry and perfumery, are obtained from the leaves and flowers in three ways, distillation, expression and extraction. Distillation is the well-known method, performed with the aid of steam in a still, which isolates the oils of pungent Dill, Peppermint, Sage and Wintergreen. Citrus oils are expressed, which is merely pressing the oils from the tough rinds of the fruit. The delicate flower oils, which bring such fabulous prices in the cosmetic industry, are extracted by treating the blossoms with low-boiling solvents in which all of their transient fragrance is dissolved. The cost of the oils so obtained is accounted for by the fact that it takes approximately 4,000 pounds of blossoms to yield about three pounds of oil.

## HERBS IN THE KITCHEN

AS EVERY trade has its tricks, it also has its language. To the culinary prestidigitator the word, herbs, means countless ways to vary and bring out the flavor of foods. There are many different methods of introducing their magical touch in hot and cold dishes but the effect always must be that of understatement. Their presence should be detectable by a spicy aroma and provocative, subtle tang but it should never greet the palate with an obvious stage whisper.

Too many well-seasoned dishes at one meal confuse the taste with their competition. Star the herb-flavored roast with a supporting cast of well-cooked but plain vegetables. A spicy tomato juice cocktail will sharpen the appetite for the natural excellence of rare roast beef. However, if the *pièce de résistance* is a shoulder of lamb, made tender and savory with herbs and vinegar, it should be preceded by a simple clear soup. Herbs in every course, is as monotonous as always using the same herb with a particular food.

Serve string beans with Summer Savory, but also try them with a blend of Sweet Basil, Parsley and Chervil. Better than one herb used with discretion, is a skillful blend of herbs. In combining herbs, the rule of letting mild flavors be accented by a more pungent one applies.



Strong herbs such as Tarragon, Lovage, Sage and Rosemary produce a gastronomic cacophony when they are used together. Versatile Savory, Basil, and Parsley may be combined with just a touch of one of the spicy herbs such as Lovage, Tarragon, Sage, Rosemary or Thyme. Chervil, Chives and Sweet Marjoram are good mixers. Actually, there are as many combinations of herb flavors possible as there are individual tastes. First become acquainted with the characteristics of each herb and then make your own variations. Dried herbs are highly concentrated, so use half as much where the recipe calls for fresh herbs.

The green leaves should be used whenever possible, for some of the true goodness is lost in drying. Familiarity with the fresh flavor is an invaluable guide in choosing dried herbs. The quality of the leaf is more important than a pretty jar. Look for a natural green color, lack of stems and a distinct aroma, typical of dried herbs which are not more than a year old. The container should be glass, metal, cellophane or glassine paper which will not absorb the essential oils.

Several terms appear in all good cook books to signify the methods of adding herbs to foods. The French spelling sometimes make the recipe appear too complicated for the amateur. These tricks of good cookery should be familiar to everyone.

*Fines Herbes* means herbs chopped or cut fine and added directly to the dish. This blend usually includes Chervil and Chives with a touch of Tarragon, Thyme, Sweet Basil or Sweet Marjoram. The minced herbs are put in during the last few minutes of cooking or sprinkled on an omelet just before folding. Thus the scattered bits of greenery serve as a garnish and seasoning for the finished product.

*Ravigote* is a similar mixture of herbs which includes Tarragon, Chervil, Chives and Burnet. It may be tossed with the greens of a salad or steeped in the dressing.

*Bouquet garni*, or herb bouquet, means sprigs of fresh herbs tied in a bunch before immersing them in soup or stew. They may be left in during the cooking process or removed as soon as the desired strength is reached. Only the aroma and taste of the herbs appear in the finished dish. A Bay leaf, Thyme and Parsley or Chervil are traditional in the herb bouquet but other combinations of herbs may be used to enhance different foods. To make an herb bouquet with dried herbs, tie a tablespoonful of the leaves in a cheese cloth or muslin bag.

*Court boullion* is a fish stock made by adding an herb bouquet and a dash of Tarragon vinegar to the water in which fish is boiled. This savory liquid may be used in making the sauce to serve with the fish.

*Herb Butter* is made by creaming butter or butter substitute with fresh or dried herbs. Let stand for several hours before spreading on sandwiches, vegetables and fish.

*Marinade* is a sauce of wine or wine vinegar, herbs, salt and pepper in which meats are steeped before cooking. The herb flavor permeates the meat and the vinegar tenderizes it. Tough, strong or gamey meats basted with a marinade before roasting become as tender and tasty as the choicest cuts.

*Soupeçon* is another apt French term for a pinch or trace of herbs in foods.

The following suggestions and recipes are not hard and fast rules. The herb specified may be omitted or replaced by another according to your own desires. Seasoning is all a matter of taste, so add a pinch of herbs, then sample and add a little more if necessary. Use your imagination and ingenuity. If a recipe calls for an ingredient you do not have, substitute something of similar flavor. For instance, when Shallots are unobtainable use small white onions in their place. Where the consistency of a dish depends on the richness of cream, undiluted evaporated milk will give the same texture. Recipes and rules in cookery are only basic themes, inviting you to play your own variations.

#### CANDIED ANGELICA

Cut young stalks of Angelica in short lengths. Soak over-night in cold water to which a tablespoon of salt has been added. Parboil until the stems become quite green. Drain, while bringing a thick sugar syrup, (half as much water as sugar) to a boil. The Angelica may be cooked in this syrup until it is clear or 230 degrees F. Another method is to pour the boiling sugar over the stems and let stand over-night. In the morning the syrup is poured off, boiled up again with a little more sugar and again poured over the Angelica. This is repeated for three days until the stalks are clear and tender. A few Angelica stalks cooked with rhubarb or rhubarb jam adds a piquant tang.

ANISE makes a good substitute for cinnamon in apple pie or apple sauce. Steep a few seeds in hot milk for a soothing toddy to provide the inner warmth needed to overcome the shock of climbing into cold sheets at night. Aniseed cookies save shortening and mellow as they are kept.

#### ANISEED COOKIES

2/3 c. sugar

2 eggs

1½ c. flour

¼ t. Anise

Beat eggs until thick and lemon-colored. Add sugar, continue beating, add sifted flour and aniseed. Drop from a spoon or put through a cookie press on a greased sheet. Let stand over-night. Bake in a slow oven, 20 to 30 minutes, until firm but not brown. Store in a tight box for several days.

LEMON BALM leaves garnish fruit cups, iced tea and punch. The dried herb makes a fragrant tea when used alone or with Peppermint or Bee Balm.

SWEET BASIL's clove-like flavor improves spaghetti, macaroni and cheese, tomato sauce and salads. It fraternizes with Savory, Marjoram and Thyme in *court boullion* for fish. Turtle or mock turtle soup is served well with a sprinkling of Basil. Place two fresh leaves of Basil in each quart of canned tomatoes before processing. Lemon Basil is superb in tomato juice, peas, carrots, salads and even in herb tea.

#### ITALIAN TOMATO PASTE WITH BASIL

Wash ripe tomatoes. Cut in half into a large kettle, add salt and onions. Boil over a low flame, stirring constantly for 20 minutes. Remove from stove; place tomatoes in a flour sack or jelly bag to drain out water. When all juice is removed, press through a sieve to remove skins and seeds. Fill clean jars with paste, placing two leaves of fresh Basil in each pint. Partially seal and process in boiling water bath for five minutes.

CARAWAY SEEDS are sprinkled on rye bread, cookies and cakes. Soften crumbs of old store cheese with 1 T. brandy and add a pinch of Caraway seed to make an elegant sandwich or hors d'oeuvres spread. Cabbage or beets cooked with Caraway seeds cease to be prosaic.

CHIVES in cream or cottage cheese is a favorite sandwich spread. Chop some with spinach before creaming it. Brighten mashed potatoes with emerald flecks of finely chopped Chives. No green salad, or omelet is complete without this delicate hint of onion.

CORIANDER seeds mellow with age. Wrap some in the bag of herbs used to season pea soup and lamb stew. Pat a few crushed seeds into sausage meat. Steep them in hot milk or water used in making gingerbread, to give it an aromatic savor.

CHERVIL's green-gold lace is sweeter garnish than the usual parsley. The flavor is so choice that it should not be dulled by long cooking. The fresh chopped leaves can be appreciated best in salads, *herb butter* for fish, chilled cream of potato or sorrel soup.

#### CARROTS WITH CHERVIL

Slice 2 bunches of carrots lengthwise. Bake in a covered pottery casserole with as little water as possible and a small clove of garlic. Melt 2 T. of butter or butter substitute, add 2 T. minced fresh Chervil. Let stand in a warm place. When carrots are tender, remove garlic and cover with Chervil butter.

DILL has a fresh, cool tang which is familiar in Dill pickles. Try the Swedish way of using young Dill leaves to season lamb chops and stew. The Russians toss a few sprigs in boiled new potatoes, or chop them fine for garnishing fish and potato salad.

FENNEL is used in much the same way as Dill, particularly in cream or melted butter sauce for fish and in salads. The greenish-white bulbs of Finocchio or Florence Fennel may be used like celery, as an appetizer, or in salads. The cooked stalks make a delicious vegetable when served with Hollandaise sauce. In the fall, Finocchio is usually inexpensive and plentiful at the vegetable counters.

LOVAGE is one of the most pungent, versatile herbs. The leaves have a strong flavor reminiscent of celery and curry. It substitutes delightfully for celery in tomato juice, soup, stews and stuffings.

## SORREL SOUP

2 handfuls of Sorrel	2 Shallots
4 T. butter	2 c. chicken stock
2 T. flour	2 egg yolks
2 T. Lovage	1 c. cream or evaporated milk
1 t. Rosemary	

Remove midribs of Sorrel leaves by folding the leaves and tearing the center rib from the top down. Chop it fine and cook in butter in which minced Shallots have been browned. Stir constantly until Sorrel becomes a puree. Blend in sifted flour, minced herbs, salt and pepper; add chicken stock; bring to a boil and add egg yolk and cream. Turn off heat and stir until slightly thickened. Serve hot with croutons or cold with a dab of thick sour cream. The finest herb soup I have ever tasted was made with ten different varieties including wild Sorrel and Good King Henry.

SWEET MARJORAM goes well with so many foods and herbs that there is not room to list them all here. Sprinkle it between the layers of scalloped eggs. Use it alone or in company with Sweet Basil, Thyme and Savory in tomato juice cocktail, soups, ragouts, and salads. Marjoram belongs in the *bouquet garni*, *fines herbes* and *court boullion*.

## SHOULDER OF LAMB WITH MARJORAM

Make a marinade of  $\frac{1}{4}$  cup of Garlic or Mint vinegar,  $\frac{1}{4}$  cup of salad oil, 1 clove of Garlic, 1 tablespoon of dried Marjoram, salt and pepper. Baste the meat with this mixture every half hour for three hours before cooking. Roast in a slow oven for  $2\frac{1}{2}$  to 3 hours. The vinegar makes the meat tender and the seasonings give it a rich tang.

## BAKED LIVER WITH HERBS

1 lb. of lamb's liver	1 T. Chervil
3 T. butter	1 t. dry mustard
$\frac{1}{2}$ c. of cream or evaporated milk	1 wine glass of Sherry
1 T. Marjoram	1 T. Chives
	Salt and Pepper

Saute liver in butter. Place in a casserole. Add mustard and finely cut fresh herbs to the juices in the pan. Stir constantly while adding cream, sherry, salt and pepper. Since wine increases the taste of salt, taste carefully while seasoning. Pour sauce over liver and bake in a moderate oven fifteen minutes.

MINT sauce can be made with Applemint, Orange mint and Pineapple mint as well as the traditional Spearmint. The golden-flecked Pineapple mint makes a charming garnish for iced tea. Color cream cheese, sweetened with sugar and lightened with cream, with Applemint for a piquant topping for cranberry pie. Grapefruit halves sprinkled with Applemint may serve as an appetizer or dessert.

PARSLEY is such a rich source of vitamins A and C that it should be chopped fine and added to foods instead of merely serving as a decoration. The leaves of Flat-leaved Italian Parsley make a different green vegetable when cooked and creamed.

ROSEMARY lends an unforgettable delicacy to roast lamb and pork if a few leaves are stuffed in slits made in the meat before cooking. Rub the inside of a roasting bird with the leaves or lay them across the breast before roasting. Swish a sprig of Rosemary around the frying pan before pouring in the eggs to be scrambled.

#### FRICTATA OR OMELETTE CAKE

2 eggs	1 chopped onion
Swiss chard or spinach	1 clove of garlic
½ lb. of grated cheese	1 T. olive oil
1 T. fresh Rosemary	1 t. fresh Sage
1 t. fresh Thyme	2 T. Parsley

Beat eggs with olive oil, add chopped vegetable, minced herbs (if dried herbs are used cut quantity in half) and cheese. Heat three tablespoons of olive oil in a large frying pan. Pour in egg mixture, run a spatula around the pan to keep from sticking while frying over a low flame. Turn pancake with the aid of a large lid or dish and brown on the other side. Cut in cubes to serve, hot or cold. A hearty dish to take on a picnic. Any cooked vegetable may be used in this nutritious dish.

SAGE, so delectable with pork and goose, is said to aid digestion. The minced fresh leaves in cream or cottage cheese make a snappy sandwich spread. Drop a good pinch of Sage into creamed spinach or lima beans before serving. Eggplant, string beans, all kinds of poultry dressings and fish are happy mediums for this time-honored herb.

## SOY BEAN LOAF

Soak  $\frac{1}{2}$  cup of dried soy beans overnight. Cook slowly for one hour with a whole onion, bay leaf, salt and pepper. Soften 1 cup of stale bread with one cup of milk. Add to cool, cooked soy beans with 2 beaten eggs, 1 t. dried sage,  $\frac{1}{2}$  t. dried summer savory, 1 t. parsley and a pinch of thyme. Blend thoroughly and bake in a greased loaf pan for one hour; serve with the following piquant sauce:

2 T. butter	1 cup of stock, or boiling
2 T. flour	water with a boullion cube.
1 T. sherry or brandy	<i>Herb bouquet</i> of Chives,
1 carrot	Parsley
2 shallots	Thyme and Chervil

Chop shallots and carrots fine, cook with butter and *herb bouquet* over boiling water until tender. Add flour, stock and liquor. Season carefully with salt and pepper, strain and serve in a gravy boat.

SUMMER SAVORY has a more delicate flavor than the perennial Winter Savory, but after frost has claimed the former, the almost evergreen leaves of the Winter Savory may be gathered from the garden for seasoning. Called the "bean herb" because of its affinity for string beans, Summer Savory also perks up tomato juice, salads, lentils, soups, stews and sauces. Try it in place of Thyme in chicken or turkey dressing. The French Canadian split-pea soup owes its fame to the savor of this herb.

Green beans preserved with salt and seasoned with Savory used to be a great delicacy imported from Holland. They can be made at home in the following way.

Fill a stone crock with alternate layers of green beans, whole or sliced lengthwise, salt and sprigs of fresh Summer Savory. Cover with a plate or wooden disk with a weight on top. Let the beans draw their own brine. When they are thoroughly fermented and covered with liquid, seal in sterile glass jars, using boiling hot brine to cover them.

TARRAGON is such an aristocrat among seasonings that its flavor should rule unchallenged by other herbs. It elevates scalloped, deviled or creamed eggs, and chicken, roasted, creamed, in soup or croquettes,

to new heights of palate-pleasing delight. Fish loses its sea-weedy taint, to become white meat more delicate and choice than any fowl, under the magic spell of Tarragon vinegar. *Tartare sauce* is not authentic unless it is made with Tarragon. The essential oils, so often lost in drying, are best captured by preserving the leaves in fine vinegar.

### TARRAGON VINEGAR

Fill a wide mouth jar with washed, surface-dried Tarragon leaves. Cover with white wine vinegar. Keep well stoppered for two months. The vinegar may be drawn off at the end of that time, however, if the leaves are left in the vinegar they may be used in salads and sauces where the sharpness of vinegar would not be welcome.

TARRAGON butter, made with softened or melted butter, lemon juice and minced Tarragon leaves is a perfect dressing for broiled fish. Chervil and Chives go nicely with Tarragon in *fines herbes* or salads.

THYME is an essential ingredient in the bouquet garni, court bouillon and sometimes included in *fines herbes*. It blends so well with other herbs that its uses can be multiplied to infinity by varying the accompanists. Creamed chipped beef, clam chowder, ragouts, roasts, stuffings, sauces and fish are but a few of the dishes it enhances. Try the luscious Lemon Thyme in chicken dressing, minced with Chives in cream cheese and sprinkled over carrots.

Some of the flavor and vitamins of herbs are lost in chopping them with a knife. It is a good idea to keep a pair of kitchen shears just for the purpose of cutting the leaves very fine.

### HERB TEAS

THE words, herb tea, suggest to many of us, bitter brews, pressed upon the unwilling victim to bring down fever or purify the blood in the spring. Until one sniffs the compelling aroma and sees the golden color, not unlike China tea, of Peppermint or Chamomile tea, it is hard to conceive of drinking them for pleasure. However, such pleasant tasting and salubrious tisanes are becoming popular once more.

The dried flowers of Chamomile make a delectable amber beverage that soothes the nerves. The French relish it at bedtime to insure quiet sleep. Peppermint tea at the close of a rich dinner is a more agreeable aid to digestion than coffee.



The herb garden offers a galaxy of different flavors for making tisanes. When you tire of the sweet fragrance of Peppermint, Catnip, Bee Balm or Chamomile, try mixing them together for new effects. A combination of equal parts of Pineapple Sage and Peppermint with half as much Lemon Balm and a few leaves of Lemon Verbena makes a delightful cup, far more pleasing to drink and inhale than regular tea. To clear the head and chase a cold, before it has you in its grip, a strong infusion of Sage tea flavored with Lemon Thyme is quite infallible and very tasty. Wild strawberry leaves may be used alone or blended with Balm and Peppermint for a dark, rich tea.

To brew herb tea use a china, pottery or enamel pot. Metal is affected by the herbs, thus leaving a bitter taste. Use one heaping tablespoon of dry leaves or flowers to each cup of boiling water, plus one for the pot. If the fresh herb is used, several handfuls will be needed for six cups. Pour boiling water on the leaves and let steep for ten to fifteen minutes in a warm place. Some teas, such as the young twigs or Birch or Spice bush and Mate, are actually boiled for a few minutes. Lemon and honey are the ideal accessories. Sugar may be preferred by some people but cream is taboo.

## GIFTS FROM THE GARDEN

**B**ESIDES providing savor and sustenance, an herb garden offers many inspirations for the most welcome of all gifts, home-made remembrances. Representing more than mere thoughtful spending, they are a generosity of time which can never be repaid.

Sweet bags and sachets are ever popular. Dried leaves of Rose Geranium, Lemon Verbena, Lemon Balm, Pineapple Sage and Rosemary can be brightened with the pastel hues of dried Rose petals, Lavender flowers and Violet and tied up in transparent organdy bags with matching ribbons. If the mixture is to be put in silk or satin cushions, a fixative such as orris root or gum benzoin will be needed to strengthen the delicate herb perfumes. For a friend who collects Victorian pieces, you might pick up an old pot-pourri jar to fill with the real thing for Christmas.

The old-fashioned bouquets, called tussie-mussies, borrowed heavily from the herb garden for the meaningful flowers and herbs which carried a sentimental message from a shy admirer. Love's rosebuds were surrounded by Forget-me-nots and Rosemary for remembrance and framed by a filigree holder.

A miniature tussie-mussie makes a charming corsage or dainty, perfumed nosegay to delight a sick friend. Place tiny white blossoms of Nutmeg Geranium in the center of spicy leaves of Rosemary, grey Santolina, and Nutmeg Geranium. Surround them with round, velvety leaves of Apple Geranium and the smallest size lace-paper doily. Wrap the stems with silver paper and tie with white ribbon. Any tiny fragrant blossoms may be used in place of the Nutmeg Geranium but the delicacy and appeal of this nosegay depends on its diminutive size.

The fresh antiseptic odors of Horehound, Santolina, Rose Geranium and Tansy are much more welcome in sick room bouquets than cloying flower perfumes. The lovely green and grey foliage of the herbs will outlast the flowers and keep the water fresh.

Save the stems from which you strip the dried herb leaves. Tie them in neat bunches with red ribbon to make fragrant faggots for kindling holiday logs. They save paper and the spicy incense from their burning, lingers in the room.

If a fastidious friend likes perfume in her bath, give her a set of muslin or cheesecloth bags, filled with aromatic herbs and decorated with ribbon, to drop in the water as it is being drawn. Little sacks of pungent herbs such as Rosemary, Southernwood, Pennyroyal, Santolina and Wormwood are welcome as pleasantly scented proof against moths, such a delightful contrast to the odoriferous moth flakes or balls.

Herb-flavored jellies make a semi-sweet accompaniment for meats and poultry and lend a new note to toast and tea. Basil, Mint, Savory, Tarragon or Thyme make tasty jelly, especially good with meat. Rose Geranium is an old-fashioned favorite which usually is decorated by a leaf of the herb in the bottom of each glass. In making the jelly, a handful of fresh herbs is boiled up with apple juice and a few tablespoons of vinegar. The herbs are removed; the liquid brought to a boil and heated sugar is added, cup for cup with the juice. To distinguish the flavors, use a few drops of vegetable coloring, green for Mint, yellow for Savory and red for Basil. Grape and Thyme or Sage jelly is made in the same way, substituting grape juice for apple juice. Bottled pectin may be used for quick results but the texture of the jelly is not as tender and quivering.

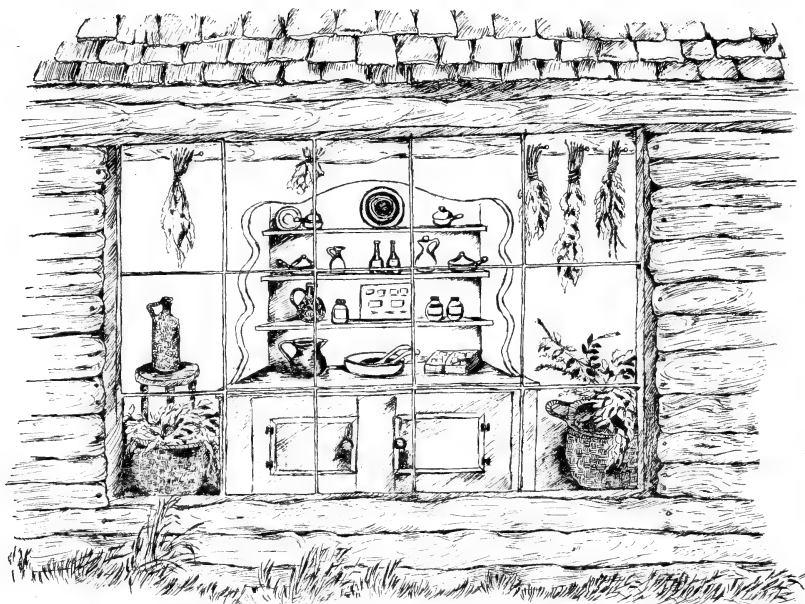
Bee hives in or near the herb garden date back to the great days of Greece when the Thyme honey garnered from the slopes of Mt. Olympus was food for the gods. The dark, aromatic pot-pourri of honey that the bees gather from our herb garden is pronounced "the best we've ever tasted" by friends who sample it. The rather inconspicuous but constant blossoms of herbs yield nectar long after frost

has burned the bee bread of goldenrod and asters. On the last, warm sunny days in November the bees come out to drain the lingering Hyssop blossoms. A Christmas gift of little packets of different herb teas with a small jar of herb honey for sweetening would be a happy choice, even for the person who "has everything".

## SUGGESTED READING LIST

Most well stocked Libraries include some of the following old and new books and pamphlets on herbs among their books on horticulture and cookery.

- The Book of Herb Cookery, by Irene Botsford Hoffman.
- Culinary Herbs and Condiments, by Mrs. M. Grieve.
- Culpepper's British Herbal Complete, by Nicholas Culpepper.
- Garden of Herbs, by Eleanour Sinclair Rohde.
- Gardening for Good Eating, by Helen M. Fox.
- Gardening with Herbs for Flavor and Fragrance, by Helen M. Fox.
- Green Enchantment, by Rosetta E. Clarkson
- The Herball or General Historie of Plantes, by John Gerard.
- Herbs and Herb Gardening, by Eleanour Sinclair Rohde.
- Herbs for the Kitchen, by Irene Goodrich Mazza.
- Herbarist, Annual publication of the Herb Society of America.
- Herbs, How to Grow Them and How to Use Them, by Helen N. Webster.
- Herbs, Their Culture and Uses, by Rosetta E. Clarkson.
- Magic Gardens, by Rosetta E. Clarkson.
- Magic in Herbs, by Leonin de Sounin.
- Modern Herball, by Grieve and Leyel.
- Old Time Herbs for Northern Gardens, by Minnie Watson Kamm.
- Salads and Herbs, by Cora, Rose and Bob Brown.
- Stina, The Story of a Cook, by Herman Smith.
- U. S. Department of Agriculture bulletins on herbs and drug plants.
- Herb Society of America's publications on Belladonna, Sage, Fertilizer Tests and the Home-Growing of Twelve Condiment Herbs.



## A COTTAGE INDUSTRY

**I**T BEGAN with a love for watching green things grow and a passion for good food. From the sowing of a few packets of herb seed we soon reaped a recreation we could share.

Long summer evenings were spent planting, cultivating and studying the few available publications on herb culture and uses. As the season shortened, our hearts were steeled to cut the fragrant Basil, Savory and Sage. For weeks we had to push aside bunches and trays of herbs to find a spot to sit in our tiny cottage. Experiments in drying and cooking with herbs filled the house with a rich perfume.

Early the next year unsolicited orders for refills for Christmas gift jars of *Laurel Hill* herbs suddenly made an herb farm of our expanding project. As soon as planting was done, the farmer turned carpenter to build a real drying house. Designed with ventilators for quick drying and total darkness to preserve the natural green color. Hundreds of young herb plants were potted to be sold to buy the jars to pack the dried herbs.

Labels for the glass containers almost spelled disaster but the purchase of a hand printing press proved a great saving. That fall many grocers and department store buyers sniffed home-grown herbs for the first time. Their intriguing flavors made up for the inexperience of the travelling saleswoman and quality proved a real press agent. Re-orders filled the days and evenings until Christmas.

The next March we dared to bring *Laurel Hill* herbs to New York in a booth at the International Flower Show. Our prized old handloom was sold to raise the entrance fee. Somehow discriminating herb enthusiasts passed up sophisticated packaging to try our really home-grown herbs in simple jars.

In the three years that have followed that incipient success, orders for *Laurel Hill* herbs and seeds have been coming in from all over the country. The original HERB SAMPLER has brought us recognition from food editors and invitations to be guests on radio programs on two networks. Since we are specializing in raising herbs for seed we can now offer fresh herb seed of many varieties which have long since disappeared from most seed catalogues.

Today each herb is selected for prime growth, cut at the peak of flavor and dried under controlled atmospheric conditions at *Laurel Hill*. Constant tending and scientific handling result in home-grown herbs with garden-freshness in their summer-green color and fragrant aromas.

Easy and economical to use *Laurel Hill* herb blends and individual herbs are put up in a three months supply in one ounce glass jars. Larger quantities are available but the small jars insure against loss of flavor by being opened too long.

The following blends are skillful combinations of several different herbs with time-tested affinity for each other and the dishes for which we recommend them. Carefully balanced mixtures designed to amplify the flavor of foods but never to over-power them. Use them with discretion as you would salt and pepper.

## FINES HERBES

A traditional French union of delicate and vibrant herbs that gives a rich glow to omelets, salads, fish, creamed chicken, mushroom soup, chipped beef and scalloped potatoes. Scatter  $\frac{1}{4}$  t. over the bubbling gold of an omelet a second before folding. Steep a pinch overnight with a little Sweet Basil in tomato cocktail. Try it in French Dressing or melted butter sauce for fish. Tuck some between the layers of creamed baked liver.

## SAVOURY HERBS

A subtle medley to sophisticate all beans and lentils. Gives a new piquancy to roast chicken when used in the stuffing. Turnips, beets, carrots, and creamed celery are but a few of the vegetables it delights. Pat a pinch into chopped meat balls, chicken or lamb croquettes. Simmer for the last few minutes with split pea, bean or lentil soup.

## SEASONING HERBS

A warm pungency to mix with cottage cheese, sprinkle over lima beans, bake with scalloped eggplant and add to the dressing of the Thanksgiving turkey and Christmas goose. Scatter a few pinches in the bread crumbs that will encase pork chops and veal cutlet. A soy bean loaf seasoned with this blend makes one think of the sausage and pork that might be in it.

## SALAD HERBS

Here is a basic seasoning for green salads. Bring out its mellow tones by infusing in French Dressing before combining with the greens. Striking variations on this theme may be achieved by the addition of different herbs such as Sweet Basil for tomato salad, Summer Savory for bean salad. It is versatile enough to deserve a trial in other dishes, gives a fine zest to sauces, meats and stews.

*Laurel Hill Herb Blends in one ounce glass jars* . . . . . \$0.25 each

*Laurel Hill Herb Blends in four ounce glass jars* . . . . . .85 each

## INDIVIDUAL HERBS

**APPLEMINT**, combining the cooling fragrance of mint with the sweet tartness of apples, does something special for peas, carrots, fruit cup, lamb chops, applesauce, grapefruit, cranberry sauce and cocktail.

**SWEET BASIL** is so perfect as seasoning for all tomato dishes that its way with macaroni and cheese, salads, beef, peas, turtle soup, squash and new potatoes is often overlooked.

**CORIANDER** seed must be crushed or grated before adding to gingerbread, cookies, coffeebread, apple pie, coffee, sausage and pea soup.

**DILL** seeds are used in making pickles, scattered through rye bread, added to apple pie and sauces for fish.

**FENNEL** seed's bittersweet tang enhances pickled beets, baked mackerel, sauerkraut and salads.

**SWEET MARJORAM** graciously complements eggs, lamb, pork, stews, soups, dried peas, fish, chicken, salads, liver, kidneys, spinach and tomato cocktail.

**PARSLEY** has found the limelight as a potent source of vitamins. Its agreeable flavor and health value enriches everything but dessert.

**ROSEMARY'S** spicy scent rises with each carving of a leg of lamb or roast of veal that has had a few slits stuffed with it before cooking. Blend a pinch with pastry dough to cover a meat pie.

**SAGE** should not be confined to its usual place in sausage. Accent lima beans, spinach, eggplant, soybean loaf, creamed onions, pork, fish and cottage cheese with its snappy sapor.

**SUMMER SAVORY** is called the bean herb for its flavor-alliance with the legumes. Try it in soup, stew, meat loaf, dried peas and beans, tomatoes, salads and fish sauces.

**THYME** is a favorite in every country for soups, dressings, gravies, ragouts, salads, omelets, meats, creamed chipped beef, and vegetables. It is a good mixer with other herbs and almost all foods.

*Individual herbs in one ounce glass jars* ..... \$0.25 each

*Individual herbs in four ounce glass jars* ..... .85 each

## HERB VINEGARS

Aged wine vinegar permeated with the aroma and flavor of fresh herbs makes a new condiment for meats, sauces, and salads. Essential oils are captured in the full-bodied wine vinegar waiting to be released drop by drop. Use sparingly with oil for salad dressing and marinade to tenderize meats.

## TARRAGON VINEGAR

Some of the fresh Tarragon leaves from which this vinegar is made float in each bottle like an exotic sea-weed. Sponge a few drops over broiled fish for a matchless tang. Toss a spoonful in the water in which fish is boiled to keep it from crumbling and the flesh white. Tartare sauce and real French Dressing should be made with this vinegar.

## GARLIC VINEGAR

A real delight to all who like a little Garlic. No unpleasant after-effects from using Garlic in this way in salad dressing and as a basting sauce for meat.

*Herb vinegars in four ounce bottles* ..... \$0.35 each

## GIFT BOXES

Every hostess and meal-planner welcomes the aid of herbs in adding new life and adventure to her cooking. Men, too, like to try their skill at mixing flavors for salads and barbacue sauces from a well-chosen selection of herbs and vinegars.



## SALAD SET

For flavor unrated in the salad bowl, one bottle of Tarragon vinegar, one bottle of Garlic vinegar and one jar of delectable Salad Herbs nestled in a gay gift box. \$1.00 box

## SEASONING SET

One jar each of versatile Fines Herbes, Savoury Herbs, Seasoning Herbs plus Applemint, Sweet Marjoram and Summer Savory. The number of seasoning combinations possible with this set is limited only by the imagination and taste of the user. Any six herbs packed in a smart gift box. \$1.55 box

## LAUREL HILL HERB FARM

Box No. 1  
Morristown, New Jersey



# INTRODUCE YOUR FRIENDS TO HERBS

*Laurel Hill Herb Farm*  
**HERB SAMPLER**

**WASTE NOT — WANT NOT**

**Hang Sampler in the kitchen.** As a herb chart, it will remain decorative after herbs have been used.

**FINES HERBS**  
For exquisite soups. Fines Herbs, salads, tomato juice, cheese dishes, meat loaf, egg salad, scalloped potatoes.

**SAUCERY HERBS**  
A perfect blend for quinoa, string beans, stew, vegetables, salad, soup, dried beans.

**SEASONING HERBS**  
Just the thing for poultry dressing, lima beans, pork, veal, cottage cheese spread.

Ten new flavors to enhance your favorite dishes, to give life to listless leftovers, to glamorize the all important vitamins. Used alone or in endless combinations herbs are first aid to the housewife planning an adequate diet with plenty of appetite appeal. Nutrition experts applaud the modern way to conserve and complement food with old-fashioned, home-grown, Laurel Hill herbs.

**SWEET BASIL**  
Tint special flavor in chicken, tomato, cheese and meatloaf dishes, pork, tomato pie.

**APPLE MINT**  
Lends a fresh piquancy to peas, glazed carrots, new potatoes, milk sauce, ice, lamb chops, apple sauce.

Each savory packet holds enough seasoning magic to give zest to several dishes. A pinch is often sufficient.

**SAGE**  
Indispensable to pork, sausages, tomatoes, egg plant, and the Holiday bird.

**THYME**  
Improves all meats, stews, clam chowder, tomato soup, rabbit, smoked chipotle beef, omelette, lamb loaf. Use sparingly.

**PARSLEY**  
At last a dried parsley with a fresh flavor. For garnishing and flavoring soups, fish, potatoes, omelettes and salads.

**ROSEMARY**  
Luscious stuffed in ribs made in a roast of veal or lamb before cooking, biscuits, chicken and soup.

*Larger quantities of herbs may be ordered from LAUREL HILL HERB FARM, Box No. 1, Morristown, New Jersey.*

Ten generous packets of *Laurel Hill* herbs applied on a gay herb chart. Lift a fragrant packet from its sunny yellow frame and underneath you'll find a list of foods in which to use the herb. Hang the pretty Sampler on the kitchen wall and when the envelopes are empty it will serve as a colorful reminder of the many uses for *Laurel Hill* herbs in glass jars.

An original and welcome Christmas card or gift, bridge prize or hostess remembrance. You will want to order several to have on hand for that special occasion and one for your own kitchen. Enclose your gift card and we will mail direct postpaid.

*HERB SAMPLER with ten packets of herbs      Fifty cents complete*

## HERB SEED POT-POURRI

Giant surprise packet of more than a score of easily grown herbs. A sweet and fragrant mystery garden for a dry, sunny spot. 10c

## CULINARY HERB GARDEN SPECIAL

One packet each of Anise, Sweet Basil, Salad Burnet, Chervil Dill, Sweet Fennel, Sweet Marjoram, Parsley, Sage and Summer Savory. A versatile collection of seasonings to be planted near the kitchen door or in the vegetable garden. \$1.00

## HERB SEED

Name	Botanical Name	Packet
Ambrosia	<i>Chenopodium botrys</i>	Annual \$0.15
Angelica	<i>Angelica archangelica</i>	Perennial .25
Anise	<i>Pimpinella anisum</i>	Annual .15
Basil, Bush	<i>Ocimum minimum</i>	Annual .25
Basil, Lemon	<i>Ocimum basilicum v. Lemon</i>	Annual .25
Basil, Purple	<i>Ocimum basilicum purpureum</i>	Annual .15
Basil, Purple Bush	<i>Ocimum minimum purpureum</i>	Annual .25
Basil, Sacred	<i>Ocimum sanctum</i>	Annual .15
Basil, Sweet	<i>Ocimum basilicum</i>	Annual .10
Balm, Lemon	<i>Melissa officinalis</i>	Perennial .25
Bergamot, Wild	<i>Monarda fistulosa</i>	Perennial .15
Boneset	<i>Eupatorium perfoliatum</i>	Perennial .10
Borage	<i>Borago officinalis</i>	Annual .15
Burnet, Salad	<i>Sanguisorba minor</i>	Perennial .15
Calamint	<i>Salvia vulgaris</i>	Perennial .25
Caraway	<i>Carum carvi</i>	Biennial .10
Catnip	<i>Nepeta cataria</i>	Perennial .15
Celandine, Rapid	<i>Cheladonium majus</i>	Perennial .15
Chamomile, German	<i>Matricaria chamomilla</i>	Annual .20
Chamomile, Roman	<i>Anthemis nobilis</i>	Perennial .20
Chervil	<i>Anthriscus cerefolium</i>	Annual .25
Chives	<i>Allium schoenoprasum</i>	Perennial .15
Cicely, Sweet	<i>Myrrhis odorata</i>	Perennial .25
Coriander	<i>Coriandrum sativum</i>	Annual .10
Dill	<i>Anethum graveolens</i>	Annual .10
Elecampane	<i>Inula helenium</i>	Perennial .25
Fennel, Sweet	<i>Foeniculum vulgare</i>	Perennial .10
Flax, Blue	<i>Linum perenne</i>	Perennial .10
Horehound	<i>Marrubium vulgare</i>	Perennial .15
Horsemint	<i>Monarda punctata</i>	Perennial .15
Hyssop, Blue	<i>Hyssopus officinalis</i>	Perennial .10
Hyssop, Pink	<i>Hyssopus officinalis ruber</i>	Perennial .15
Hyssop, White	<i>Hyssopus officinalis albus</i>	Perennial .25
Joe-Pye Weed	<i>Eupatorium purpureum</i>	Perennial .10
Joe-Pye Weed, Spotted	<i>Eupatorium maculatum</i>	Perennial .15
Lamb's Ears	<i>Stachys lanata</i>	Perennial .25
Lavender, English	<i>Lavandula vera</i>	Perennial .25
Leek	<i>Allium porrum</i>	Perennial .10

Name	Botanical Name	Packet
Lovage	<i>Levisticum officinalis</i>	Perennial .25
Marjoram, Pot	<i>Majorana onites</i>	Perennial .10
Marjoram, Sweet	<i>Majorana hortensis</i>	Perennial .15
Nept	<i>Nepeta mussini</i>	Perennial .25
Parsley, Curly	<i>Petroselinum crispum</i>	Biennial .10
Parsley, Flat-Leaved	<i>Petroselinum crispum</i> <i>neapolitanum</i>	Biennial .10
Pennyroyal, English	<i>Mentha pelugium</i>	Perennial .25
Perilla	<i>Perilla frutescens crispa</i>	Annual .15
Rue	<i>Ruta graveolens</i>	Perennial .25
Saffron, False	<i>Carthamus tinctorius</i>	Annual .15
Sage	<i>Salvia officinalis</i>	Perennial .10
Sage, Clary	<i>Salvia sclarea</i>	Biennial .25
Savory, Summer	<i>Satureia hortensis</i>	Annual .10
Sesame	<i>Sesamum indicum</i>	Annual .10
Skirret	<i>Sium sisarum</i>	Perennial .25
Smallage	<i>Apium graveolens</i>	Annual .15
Sorrel, French	<i>Rumex scutatus</i>	Perennial .15
Tansy	<i>Tanacetum vulgare</i>	Perennial .15
Thyme, English	<i>Thymus vulgaris</i>	Perennial .15
Wormwood	<i>Artemisia absinthium</i>	Perennial .25

## PLEASE NOTE BEFORE ORDERING

Order all seeds as early as possible since supplies of certain varieties are limited. Five percent discount on all SEED orders received before March 1st, 1944. All seeds are sent postpaid. All orders of one dollar or more for Dried Herbs and Vinegars will be sent postpaid east of the Rocky Mountains. Cash, stamps, money order or check for full amount should accompany each order.

Due to uncertainties of transportation at the present time, we have discontinued the shipment of herb plants.

Since we grow all our own herbs, you are assured of FRESH SEED. However, we give no warranty, expressed or implied, as to description, quality, productiveness or any other matter of seeds or plants we sell and will not be responsible for the crop.

## LAUREL HILL HERB FARM

Box No. 1  
Morristown, New Jersey  
BUNNY AND PHIL FOSTER

